

Continuing to Implement Bronze and Silver Achieving Gold End-Year Report Checklist

- ❑ Coversheet
- ❑ January and March Newsletters

Gold #1: Certified PE Teacher/Specialist Policy

- ❑ Intent
 - “PE classes will be taught by certified PE teachers or specialists.”
 - “A certified PE teacher or specialist is defined as a person who attends one GMS/USOE approved training each year.”
 - “If PE classes are taught by classroom teachers one school representative must attend a GMS/USOE approved PE training and share the information with all classroom teachers.”
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to appropriate people
 - “This policy will be reviewed each year.”

Gold #2: Non-Food Rewards Policy

- ❑ Intent
 - “Food will not be given as a performance reward and will not be withheld from students as a punishment.”
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to appropriate people
 - “This policy will be reviewed each year.”
 - If there are any consequences to violating this policy they should be listed here

Gold #3

Provide policies/descriptions for four of the following Gold #3 options

Gold #3A: Healthy Choices Policy

- ❑ Intent
 - “Healthy food and beverage choices shall be available wherever and whenever food and beverages are available outside of school meals. This includes school celebrations and events, a la carte, class parties, assemblies, fundraisers, concession stands, vending machines, school stores, etc.”
 - “Health choices must meet the following guidelines.
Nutrition Guidelines for Food
Snack items should not exceed:

- 200 calories
- 35% calories from fat (70 calories or less)
- 10% calories from saturated and trans fat (2gm or less)
- 35% calories from total sugar by weight

A la carte items should not exceed:

- 400 calories
- 35% calories from fat (140 calories or less)
- 10% calories from saturated and trans fat (4.5gm or less)
- 35% calories from total sugar by weight

In addition, it is recommended that the snacks and a la carte food items contain one of the following:

- 5gm protein per serving
- 2gm fiber per serving
- 10% of the DV for any of the following – calcium, iron, vitamin A or vitamin C

NOTE: Nutrition guidelines for food does not include legumes, nuts, nut butters, seeds, egg, cheese, vegetables (not fried), and fruits.

Nutrition Guidelines for Beverages

Beverages should be limited to:

- Water that is non-flavored, non-sweetened, non-carbonated
- 100% fruit and/or vegetable juice with no added sweeteners
- Unflavored/flavored low fat (1%) and fat free milk and milk alternatives (soy and rice) with no more than 30g carbohydrate per 8oz

Calculations:

Calories from total fat

$$\text{calories from fat} \div \text{total calories} \times 100$$

Calories from saturated fat

$$\begin{aligned} \text{grams of saturated fat} \times 9 &= \text{calories from saturated fat} \\ \text{calories from saturated fat} &\div \text{total calories} \times 100 \end{aligned}$$

Total sugar by weight

$$\text{Grams of sugar} \div \text{gram weight of product} \times 100$$

“Examples of Healthy Food and Beverage Choices:

Sunkist tuna with crackers

Snyder’s pretzels

Beef jerky –97% fat free

Yogurt and/or gogurt

String cheese
 Breakfast cereal bars
 Trail mix
 Nuts and seeds
 Fruit Rockets (applesauce w/ different flavorings)
 Fruit leather
 Baked chips
 Pudding –low fat
 100% fruit and/or vegetable juices
 Cereal bowls
 Nature Valley granola bars
 Quaker fruit and oatmeal bars
 Soymilk
 Low fat or fat free milk”

- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to faculty, staff, parents, fundraising groups, PTA, and any other groups or people bringing food into the school outside of school meals
 - “This policy will be reviewed each year.”
 - If there are any consequences to violating this policy they should be listed here

Gold #3B: Team Nutrition Description

- ❑ The approximate date the school signed up as a Team Nutrition School
- ❑ A description of the nutrition education activity and how students, parents or the community were involved

Gold #3C: Nutrition education in the classroom and cafeteria description

- ❑ A description of what methods are used to teach nutrition in the classroom
- ❑ A description of what methods are used to teach nutrition in the dining room

Gold #3D: Adequate Eating Time Policy

- ❑ Intent
 - “Lunch will be served between 11:00 AM and 1:00 PM”
 - “Students will have at least twenty minutes to eat their lunch from the time students are seated.”
 - “Students will have at least ten minutes to eat their breakfast from the time students are seated.” (This statement may be omitted if school does not serve breakfast.
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to appropriate people
 - “This policy will be reviewed each year and when schedule changes are being made.”

Gold #3 E: Bans Advertising Policy

- ❑ Intent
 - “Advertising of less nutritious food is banned”
 - Describe how healthy choices will be promoted
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to appropriate people
 - “This policy will be reviewed each year”
 - If there are any consequences to violating this policy they should be listed here

Gold #3F: Food Service Training Policy

- ❑ Intent
 - “Food service staff must receive adequate training or certification before hire or within six months of hire.”
 - List the training(s) your school will require
 - “Food service staff must attend professional development training every ____ years.”
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to appropriate people
 - “This policy will be reviewed each year”

Gold #3G: Non-Food Fundraisers Description

- ❑ A statement that the school no longer participates in food fundraisers
- ❑ A list of the fundraisers the school held throughout the year

Gold #3H: Consider Students Needs Description

- ❑ A description of how students input was received when making changes to the school’s nutrition environment
- ❑ A description of the changes made from student input

Gold #3I: Recess Before Lunch Policy

- ❑ Intent
 - “Recess will be scheduled **immediately** before lunch”
 - Include recess and lunch bell schedule
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to appropriate people
 - “This policy will be reviewed each year”

Criteria Menu

Provide policies/descriptions for two of the following Criteria Menu options

Criteria Menu #1: Walk to School Day

- ☐ The date of the event
- ☐ A description of how the event was promoted
- ☐ A description of what was done on the day of the event

Criteria Menu #2: Jump Rope/Hoops for Heart

- ☐ The date of the event
- ☐ A description of how the event was promoted
- ☐ A description of what was done on the day of the event

Criteria Menu #3: Grocery Store Tours

- ☐ The name of the tour(s) the school participated in
- ☐ Dates of the tours
- ☐ The location of the store(s) the students visited
- ☐ How many classes went on the tour

Criteria Menu #4: School Walk for Diabetes or Other Health Related Walk

- ☐ Date of the event
- ☐ A description of how the event was promoted
- ☐ A description of what was done on the day of the event

Criteria Menu #5: Truth From Youth

- ☐ The number of classrooms or students that participated in the ad campaign
- ☐ A description of any education the students received or other events that accompanied the ad contest

Criteria Menu #6: Tobacco Prevention Program

- ☐ Which tobacco prevention curriculum was used
- ☐ Which grade levels the curriculum was used in

Criteria Menu #7: Cafeteria Connections

- ☐ A description of how Cafeteria Connections was utilized in the classroom and in the lunchroom

Criteria Menu #8: HealthierUS Challenge

- ☐ A description of the process the school went through to become a HealthierUS Challenge School

Criteria Menu #9: National Health Campaign

- ☐ Which national health campaign the school participated in
- ☐ A description of the activities that were held throughout the day, week or month to promote the health campaign

Criteria Menu #10: Olympic Field Day

- ☐ The date of your Olympic Field day
- ☐ A description of the activities the students will participate in

Criteria Menu #11: Student and Community Use of PA Facilities

- ❑ A statement that students and the community are allowed to use the school's facilities and equipment
- ❑ A list of what facilities they are allowed to use

Criteria Menu #12: School Health Council

- ❑ A list of members on the School Health Council
- ❑ A list of some meeting topics

Criteria Menu #13: No Withholding P.E. or Recess Policy

- ❑ Intent
 - "P.E. and recess will not be withheld from a student or class as a punishment."
 - Include alternate options
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to appropriate people
 - "This policy will be reviewed each year"

Criteria Menu #14: Continuing Education Policy

- ❑ Intent
 - "All teachers who teach physical education, tobacco use prevention, or nutrition will attend one training or in-service annually."
 - Describe who determines appropriate trainings or in-services
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to appropriate people
 - "This policy will be reviewed each year"

Criteria Menu #15: Breakfast and Lunch Policy

- ❑ Intent
 - "All students shall have the opportunity to receive breakfast and lunch at school."
- ❑ Rationale
 - Support for this policy
- ❑ Reinforcement
 - How this policy will be communicated to parents, faculty, staff, and other appropriate people
 - "This policy will be reviewed each year"

Criteria Menu #16: President's Challenge

- ❑ Which grades participated in the President's Challenge
- ❑ Which test they did
 - Physical fitness test

- Health fitness test
- A description of any special events that accompanied the President's Challenge

Criteria Menu #17: Golden Sneaker

- Which grades participated in the Golden Sneaker Awards
- A description of any special events that accompanied the Golden Sneaker Awards